

Case Number:	CM15-0174117		
Date Assigned:	09/15/2015	Date of Injury:	04/19/2013
Decision Date:	10/15/2015	UR Denial Date:	08/25/2015
Priority:	Standard	Application Received:	09/03/2015

HOW THE IMR FINAL DETERMINATION WAS MADE

MAXIMUS Federal Services sent the complete case file to an expert reviewer. He/she has no affiliation with the employer, employee, providers or the claims administrator. He/she has been in active clinical practice for more than five years and is currently working at least 24 hours a week in active practice. The expert reviewer was selected based on his/her clinical experience, education, background, and expertise in the same or similar specialties that evaluate and/or treat the medical condition and disputed items/Service. He/she is familiar with governing laws and regulations, including the strength of evidence hierarchy that applies to Independent Medical Review determinations.

The Expert Reviewer has the following credentials:
 State(s) of Licensure: California, Oregon, Washington
 Certification(s)/Specialty: Orthopedic Surgery

CLINICAL CASE SUMMARY

The expert reviewer developed the following clinical case summary based on a review of the case file, including all medical records:

The injured worker is a 41 year old female who sustained an industrial injury on 4-19-13. A review of the medical records indicates she is undergoing treatment for thyroid disorder, hypertension, cervicotrpezial strain, bilateral shoulder impingement syndrome - possible post instability - labral tear, right, right flexor tendinitis, right lateral epicondylitis, early bilateral carpal tunnel syndrome associated with bilateral flexor tendonitis, and bilateral early cubital tunnel syndrome bilateral elbows. Medical records (1-9-15 to 8-17-15) indicate ongoing complaints of pain in the right shoulder, elbows, forearms, and wrists. The right shoulder pain has affected her ability to complete household chores, bathing, grooming, and sleeping. She reports frequent popping of the shoulder (8-17-15). Diagnostic studies have included an MR Arthrogram and EMG-NCV studies. Treatment has included medications, at least 6 sessions of physical therapy for her right shoulder, as well as paraffin wax treatments, bracing, and cortisone injections for her right wrist. The physical exam reveals limited range of motion and tenderness of the right shoulder. The treating provider indicates that the injured worker has failed conservative treatment of the right shoulder, including medications, physical therapy, and cortisone injections. The authorization request is for right shoulder diagnostic arthroscopy and medical clearance secondary to thyroid disorder and hypertension. Modified activity was recommended. The utilization review (8-25-13) indicates denial of the preoperative clearance due to hypertension and thyroid disorder, as the surgery is "not medically necessary".

IMR ISSUES, DECISIONS AND RATIONALES

The Final Determination was based on decisions for the disputed items/services set forth below:

Pre-op clearance due to HTN and thyroid disorder: Upheld

Claims Administrator guideline: The Claims Administrator did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines-Shoulder Cryotherapy.

MAXIMUS guideline: The Expert Reviewer did not base their decision on the MTUS. Decision based on Non-MTUS Citation Official Disability Guidelines (ODG) Low back, Preoperative testing general.

Decision rationale: CA MTUS/ACOEM is silent on the issue of preoperative clearance and testing. ODG, Low back, Preoperative testing general, is utilized. This chapter states that preoperative testing is guided by the patient's clinical history, comorbidities and physical examination findings. ODG states, "These investigations can be helpful to stratify risk, direct anesthetic choices, and guide postoperative management, but often are obtained because of protocol rather than medical necessity. The decision to order preoperative tests should be guided by the patient's clinical history, comorbidities and physical examination findings. Patients with signs or symptoms of active cardiovascular disease should be evaluated with appropriate testing, regardless of their preoperative status." Preoperative ECG in patients without known risk factor for coronary artery disease, regardless of age, may not be necessary. CBC is recommended for surgeries with large anticipated blood loss. Creatinine is recommended for patient with renal failure. Electrocardiography is recommended for patients undergoing high risk surgery and those undergoing intermediate risk surgery who have additional risk factors. Patients undergoing low risk surgery do not require electrocardiography. Based on the information provided for review, there is no indication of any of these clinical scenarios present in this case. In this case the patient is a healthy 41 year old who is undergoing a shoulder arthroscopy. She is without comorbidities or physical examination findings concerning to warrant preoperative testing prior to the proposed surgical procedure. Therefore the request is not medically necessary.